

KENTUCKIANA NEWS LETTER

SPRING EDITION 2019

SPRING INTO ACTION



Step 1

I admitted I was powerless over alcohol and that my life had become unmanageable. What a powerful statement. I struggled for over two decades to try and manage my “isms” and ended up at my ultimate bottom. I had been in bad situations, I had gone to jail, I had become homeless all over a decade but none of these were bad enough for me. It took a divorce and the threat of losing my 1 yr. old son. The thought of losing the one thing I had always wanted; to be a mom. THAT was my bottom. I felt like a complete failure. I was totally powerless over what I was putting in to my body, I had crossed that line when I relapsed after having my son and I couldn't stop. It wasn't until my husband had papers served to me that I finally had the right push. Yes, it was not at all an experience I wanted to go through, but my higher power obviously had other plans for me. He knew how to get me sober again. I started going to meetings and cleaned my

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act up. I got a temporary sponsor and started working the steps at a slower pace this time. Here was someone who could relate to me and help me with my unmanageability. I needed something more than what I was doing before. I had admitted complete defeat. I was totally powerless, because once I put that first drink in my mouth it started that phenomena of craving. My obsession would sink in and I would be off and running. My life couldn't have been more unmanageable. I was trying to "run the show", but everything I did made it worse. I had to let my higher power in and give all control to him. I had to learn how to let go of things and let Him guide me. This is the one step I must do every single day, because if I forget where I came from or what's at stake then I will start to slip back in to old habits and eventually relapse. I must tell myself in the morning that I have no control over alcohol or any situation or people that arise. If I do the next right thing and use my tools, life will start to get better and better every day.

April M. - District 26, Speakeasy

Step 1 – another view

I remember my first time in treatment. 22 years old, just got my first DUI, scared and didn't have a problem. I had a back problem. My counselor asked me if I was going to do the 90 in 90 when I got out. I told her no. Truth be told I didn't know what 90 in 90 was. Sounded like a drinking game to me. She told me I needed to go to meetings to help keep me sober. But I had no intention on staying completely sober. Just quit doing a few things and I'll be ok. When I got home I was all alone. Bored out of my mind and still had my license for a couple days. So I call up an old buddy. Hey man I just got out of rehab want to go get drunk? Hell yeah! Sounded like a good idea. At the time I didn't think I had a problem with alcohol. Soon I was drinking every chance I got and picked up a couple more old habits. Trying to sneak around and do it because I just got out of rehab. According to my family I'm supposed to be "cured". I had no job, no goals in life other than to party. Even know the party was over long before that. It was survival at this point. In the end of my "party" days I was using alcohol to get off all the other things I was doing. I couldn't stay dry because I wanted to die so alcohol seemed like a good alternative. Soon I discovered I was drinking more than most the hard drinkers I knew. Not trying to just couldn't stop once I started. Then I started to loose control. Started blacking out and getting dangerous. I tried switching from moonshine to whiskey, tried beer; it took to many, then rum. 70 proof vs 90 proof. I've got it this time. I soon came to realize that the proof doesn't matter when you drink a half gallon at one time. Not long after God pulled my card. I wrecked my dad's truck, almost ran over two little kids, and

caught my second DUI just a year later. When they handed me my papers after booking me in I had a second offence DUI, no big deal I've been through this before. And two wanton endangerment charges. Both class D felonies. The whole game changed. I've really messed up this time. They took me to court the next day in blues and handcuffs. I was humiliated. Same county, same judge, same charge. My dad bailed me out and he said you're going to rehab again. And I told him I've wanted to go for a long time now. Truth was I did. I didn't want to live like that anymore. But I know another way. He took me to the same treatment center as the year before. Something changed inside me when I walked through those doors. I became humble. Became teachable. I was willing to do whatever they asked me because I knew my way didn't work. After 30 days there I remember being scared to death on my way home because I didn't know how I was going to stay sober. I went to a meeting the day I got out. I was on a bicycle, living in a halfway house, and made at least 4 meetings day. Everyday. I was scared to do anything else. I was getting stir crazy, so I finally asked a guy to sponsor me. He handed me a book and asked me if I was willing to go to any length to stay sober. We started going through the book one paragraph at a time. I was still confused at the time. I knew my life was unmanageable and I knew I was powerless, just not over alcohol. Until I could take an honest look at my drinking and leave all the other stuff at the door, I couldn't make no progress. I struggled to stay sober in the beginning. But when I finally surrendered to the fact that I was powerless over alcohol- that my life was unmanageable, I could work an honest first step. I haven't found it necessary to take drink since. They taught us about acceptance in rehab. Page 417 in the big book. I accepted the fact that I was different from everyone else. And it brought hopelessness. I had no solution. So, I made alcohol my solution. Step one says that we ADMITTED we were powerless over alcohol- that our lives had become unmanageable not we accepted we were alcoholics. Until I surrendered to the fact that I was an alcoholic I couldn't make any progress with the rest of the steps. My address where I grew up was 417. My address now is 123. Coincidence? I don't think so.

Brandon B. District 2, Sunset group.

Step 2

Came to believe that a power greater than myself could restore me to sanity.

I was willing to try anything to restore my sanity. I had believed in God all my life and was raised in a religion where we went to church every Sunday. I prayed for decades for that God to remove the obsession to drink but it did not work. I went to numerous counselors, psychiatrists, rehabs and a psych ward to help restore my sanity. I was prescribed plenty of medications which made my alcoholism worse. Nothing worked! I continued to sink lower and lower into my disease.

When I came to AA I was welcomed into the fellowship but not the program. It took me several years to find someone who could take me through the Big Book and show me by example how to practice the principles in all my affairs. Once that happened the power greater than myself restored me to sanity. I no longer thought of alcohol as a solution to my emotional problems. I now have a higher power that I pray to and continue to deepen my relationship with daily through the 12 steps. When I truly surrendered that the way I had been living and the higher power that I was raised with did not work for me it opened me up to so much more. Today it is so freeing and empowering to say, "I don't know?"

My higher power continues to grow and be so more meaningful as I grow up in AA. The life I have today is a direct result of reading Chapter 4 We Agnostics and being as open minded as the dying could be. The rest of the program become solid ground for me to grasp new roots as I became a new person who I love so very much today.

Thank you to all of my mentors and sponsors for leading by example and show me a way out of the darkness. I will continue to show others the way out just as I was led.

Kristen G.
Owensboro, KY
District 17 Secretary

Step 2 – another view

Came to believe in a power greater than our selves could restore us to sanity

I came to believe that a power greater than myself could restore me to sanity. My higher power is gracious and allowed me to come into a new way of living. After learning how powerless I was over alcohol, the obsession of the mind, the phenomenon of craving and the mental twist it had on me, I could finally move forward. I had a true picture of the life I had been living. I realized selfishness and self-centeredness were at the root of all my troubles. That was what drove me through life. I had always seen a hostile universe coming at me and how it affected me. It was the selfishness that was killing me. It was alcoholism and it was of my own making. I must surrender or die.

There were several things that took place to lead me to sobriety and still play an important role in my life. My higher power is a must. He makes it all possible. I also found that through the program of AA, good fellowship and the coming together of people who share their experience, strength and hope, that I too could live a life free from alcohol. Sponsorship was also key. A person willing to take time out of their lives to help another is AA at its best. All these tools were set at my feet. I just needed to use them.

I now have a new pilot who guides me through life. God has shown me the light at the end of the tunnel. I started having these “Wow” moments. With God as my foundation, things started happening that I couldn’t explain. I started feel a sense of comfort and the feeling of uselessness I had always carried with me started to slip away. I now feel a sense of security like

I’ve never known. It’s no longer my show. I’m plugged in to a new way of life. I must continue to

work the steps in order to keep all these blessings I have received. I see no other way.

Adrian H.

District 26

Cadiz Sober Group District 16



Step 3

Made A Decision to Turn Our Will and Our Lives Over To The Care of God as We Understood Him

Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction out of this world if he only manages well?
~Alcoholics Anonymous pg. 61

Recently something has come to my attention through the 11th Step and sponsorship. I realize that I have started Big Book studies out of my pride, self-righteousness and insecurities. I felt the need to show off the things I thought I knew about the book Alcoholics Anonymous because I was afraid that someone would find out that I did not know everything. If I didn't have experience with something, I would pretend as though it wasn't important, or I would go get an answer from someone who I thought was well respected who had all the answers. I would then just go with their answer because I needed the "well-respected" members to like me. The answers do come when our own house is in order. I still have the need to be number one in so many areas of my life because I still feel inadequate. My power driving methods were just a smokescreen to cover up my deeper lying inferiorities. I always felt the need for others to know that I was involved in Big Book studies in hopes that it would appear as if I knew something or had something special that others didn't. For me to sit in one meeting and hide out, huddled around the Big Book, instead of going out to spread the wealth has been rather selfish of me. I had a fear that others were harming A.A. and "killing people", but mostly I thought you should know that I had the one and only "true A.A. message". In hindsight, after a lot of inventory, I realize that I was about as divisive as they come (Is he not, even in his best moments, a producer of confusion rather than harmony?). I wasn't concerned about our common welfare, I wasn't concerned about anyone's welfare really. I was concerned about my need to be right. I've had to find a way to keep things simple and for me a lot can be covered with two questions. "Do I want to be right, or do I want to be effective?" and "Am I subtly divisive?"

Today, I don't have to be in a Big Book study as my home group to be effective; I need to do the work contained in the Big Book daily to be effective. I've found that as long as I'm spiritually fit, I can be just as effective or even more effective by going to the meeting that may be struggling or attend Beginners/Living Sober study groups. I recognize that starting a new group because I didn't get my way in another group is not living within our principles and is really just my pride not accepting the Group Conscience (...the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so). The more we live by the "resentment and a coffee pot" principle rather than our principle of Tradition One, we will continue to separate ourselves and it will cost A.A., more money. It's a lose-lose situation. I'm not condemning Big Book studies, I still attend them from time to time. I am aware that to decry something I just stopped doing five minutes ago is ego. I enjoy a Big Book study, but what about those who may need the message across town? I used to write off others who didn't study our literature as not caring. However, I acted as a Big Book bully who was uncaring. Love and tolerance aren't embarrassing people in meetings saying "THAT AIN'T IN THE BOOK" or subtly correcting people with insults like "A common misconception about the Steps is..." like I'm some kind of genius or A.A. guru. I wouldn't approach someone for help who conducted themselves like I did either. From where I stand now, I don't want what I had. No wonder I couldn't seem to get others involved in our Book and literature; my attitude was hostile.

I am now recognizing where I have been and asking myself, "Have I been effective or not?" Have I been placing our common welfare first? I used to think that a "solid" group would ask the drunks who haven't worked the Steps not to share; it seemed right. I thought I was protecting the newcomer in the meeting from hearing anything dangerous. I was insecure and attempting to control others because I couldn't sit down and make a real connection with another drunk one on one after the meeting. Or I was too selfish to take them to coffee after the meetings. Drunks who need help are not going to capsize A.A.; it is me who couldn't get over imagined fear and control who is capsizing A.A.

Tradition One is about unity, and unity is not controlling newcomers, visitors or anyone else who attends my homegroup and telling them who can share and who can't (forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way). Love, patience, understanding, coffee after the meeting and solid sponsorship will create all the unity that will ever be needed. When placing the principle before my personality, I am comfortable in being part of my home group that is not striving to be number one or divisive. Today, it's ok to be a part of just another A.A. Group among many, a small part of a great whole.

When we sincerely took such a position, all sorts of remarkable things followed. ~Alcoholics Anonymous pg. 63

Eric B.
Area 26 Literature Chair



THE COFFEE CORNER



A few days ago in a meeting, we discussed the four paradoxes of AA in a way that shot clear through me. The conversation crystalized the AA program for me. A paradox is self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.

We surrender to win – Until we become sick and tired of being sick and tired, we are not ready to accept our disease. Bill W. drank himself to near death before his friend Ebby explained to him how he became sober. Ebby told Bill, “ I’ve got religion.” Bill listened to his friend as “...*he made the pointblank declaration that God had done for him what he could not do for himself.*” It was clear to Bill that something had changed his friend because left to his own accord he would not be sitting in his kitchen sober; Ebby was now “...*on a different footing.*” When Ebby explained to Bill he could choose a God of his own understanding, it opened the door a crack; Bill was willing to consider this possibility as a path to his own sobriety. He to surrender his will to his higher power. [quotes from Bill’s Story, Big Book, 4th Ed.]

We must suffer to get well - I haven’t met an alcoholic yet who didn’t create huge amounts of mental and physical suffering for herself or himself and everyone around them before they put down the bottle. There are some wonderful personal stories in Part III of the Big Book (4th edition), within the section titled “They Lost Nearly All.” Our disease leaves us helpless against the next drink and the next drink always leads to disaster for us. There seems to be no other way to reach sobriety. Some of us suffer a bit more as we learn to face ourselves honestly through the twelve steps of the program. Feeling physically and emotionally well is worth all of it.

We have to die to live – Initially I thought the word “die” sounded way too dramatic here. But then I’ve had to end (or practice ending is more accurate for me) many of my old behaviors and thoughts and even some friends to create and live my life of sobriety. That is dramatic! And necessary for an alcoholic. The old life must go, and the AA program is how we transform ourselves to a happier, honest and more serene existence.

We must give away to keep - I give freely of what I have found in AA. I put my gratitude into action, and I have found more peace, love and happiness than I’ve ever experienced before in my life. I’m not richer in my material possessions but I’m richer inside and that spills out of me and into others as I share and help them through the steps of the program. This sobriety is just too precious to keep inside me I must share it with those who want what I have gained. It is a wonderful thing.

Melanie P – DCM – Kentuckiana News Committee

STUMP THE CHUMP

Q: What is the Responsibility Statement and Where Did It Come From?

A: *"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."*

The Responsibility Statement was written by former AA Trustee, Al S. for the 1965 A.A. International Convention in Toronto. In the souvenir book for the 1965 Convention, Dr. Jack Norris writes: ".We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn't it?" [G.S.O. Archives]

Q. Who wrote Chapter 8 of the Big Book, "To Wives"?

A. Bill was the author of the 'To Wives' chapter. It is commonly thought that Lois wrote it. But, as *Pass It On* describes (page 200), Lois said, "Bill wrote it, and I was mad." She added, "I wasn't so much mad as hurt. I still don't know why Bill wrote it. I've never really gotten into it - why he insisted upon writing it. I said to him, 'Well, do you want me to write it?' And he said no, he thought it should be in the same style as the rest of the book." [G.S.O. Archives]



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AA WANTS YOU! THE GSR REPORT

When I was elected to serve as General Service Representative (G.S.R.) for my home group I immediately started researching what my role would be. All I knew about being a GSR was that I was to be a link between the whole of A.A. and my home group. I read the A.A. pamphlets *The A.A. Group and G.S.R. – May be the most important job in A.A.* The A.A. Service Manual/*Twelve Concepts for World Service* is also extremely important required reading for me to learn about the general service structure. Through this reading and my experience, I discovered that my functions are to represent my group at district meetings and area assemblies, keep my group informed about general service activities in our area, and share information I receive from the General Service Office, such as the quarterly G.S.O. Newsletter - Box 4-5-9.

My District meets quarterly and has occasional special presentation sessions which are not business meetings. We had the honor of having our present Area 26 Delegate as a guest and presented an informative and enlightening summary of the 68th General Service Conference, April 2018. Part of the G.S.R.'s responsibility is to keep two-way communication between our home group and the Conference via our District Committee Member, who is elected by our District G.S.R.'s, and our Area 26 Delegate, who is elected by the Area 26 D.C.M.'s. I'm excited about the Area 26 Spring Meeting, which is being co-hosted by our District. Our District G.S.R.'s and home group members get the opportunity to serve and participate.

Much to my surprise during my second year as G.S.R., I was nominated and elected Secretary for my District. It keeps me on my toes to perform administrative functions such as preparing meeting minutes and distributing information to all the G.S.R.'s in our District at the direction of our District Committee Member (D.C.M.). It is exciting to be a part of Area 26 Meetings and Assemblies where I get to serve on two Committees, hear presentations from our Delegate, other Area 26 Officers, General Service Board Trustees, and others. I learn about new and revised A.A. literature, progress on the first A.A.-approved app, cautious development of LinkedIn publishing to communicate with professionals, YouTube channel for Alcoholics Anonymous World Services, plan for redesign of A.A.org website, and much more.

I have served as IGR and other roles in the home groups I've been part of. Occasionally I've witnessed home group and IGR meeting issues resulting in heated debates. A.A. members have told me things like, "You haven't seen any intense fighting yet. Just wait until you witness what happens at the District, Area, and committee levels!" I have witnessed passionate opinions which honestly appear argumentative. What I've realized is that A.A. members in service can be brutally honest, become emotional, and even get angry. But when the business is voted on, whatever the outcome, we fellowship later with those we might not have agreed with and there are no hard feelings, or worse, RESENTMENTS.

Bill W. on General Services and the G.S.R. – "... an A.A. service is anything, whatever that helps us reach a fellow sufferer – ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service (A.A. Service Manual, page S1)." I have developed a deeper sense of the unity and strength of the Fellowship, with my fellow District G.S.R.'s, Area 26 participants, the General Service Conference, and fellow alcoholics and have learned so much about communication. I am truly grateful for the opportunity to serve as G.S.R. for my home group and Secretary for our District.

Erin F., G.S.R.



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WE ARE NOT A GLUM LOT

L	R	N	H	Z	I	K	E	Q	B	T	Z	Z	X	I
O	P	J	Y	A	B	H	D	E	A	J	S	T	H	Q
R	S	D	V	Z	P	O	H	A	A	Z	S	S	C	A
C	W	X	P	E	Z	P	D	K	K	B	P	G	K	I
P	V	T	K	D	O	E	R	E	M	T	V	O	I	O
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U	D	S	R	B	Z	C	N	T	H	I	S	S	J	D
Q	K	L	K	G	N	H	S	D	I	W	B	W	R	X
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F	S	M	H	R	C	X	T	S	C	C	A	J	H	K
G	Y	L	E	Z	M	K	U	Z	F	T	S	T	T	R

- BROTHERLYLOVE
- COURAGE
- FAITH
- HONESTY
- HOPE
- HUMILITY
- INTEGRITY
- JUSTICE
- PERSEVERANCE
- SERVICE
- SPIRITUALITY
- WILLINGNESS

A WEEK BEFORE A SPACE LAUNCH, an Astronaut was trying to relax at an out-of-the-way pub.

But a boozed-up customer at the bar recognized him and said, "You NASA types think you're something, hitting the moon and bringing back all them shuttles and all.

We got a couple of local guys here, been building their own spaceship right out back!"

Reluctantly, the Astronaut goes outside to inspect the spaceship--a huge mess of beer kegs, cans and junk.

One drunk boast, "Moon-Schpoon! We're going to the sun!"

The Astronaut warns them, "Boys, this thing will incinerate long before you get close to the sun."

"Don't you think we thought of that?" argued the second drunk.

"We got that all figured out! . . . We're going at night!"

Sign in a Local Pub - from the AA Grapevine

If you are drinking to forget
 please pay in advance

“What’s Up IGR”

It’s a program of action, right? A key part of my story is that I was “around” AA for a long time, but not until I became a part of AA, an active member of AA, did my life begin to change. Change – what a massive word! It’s amazing how on one hand, I could have such an overwhelming desire for change, for my life to be different. However, when provided an opportunity, a roadmap, and people willing to help me with any questions and doubts, I was seemingly overcome with fear, a hundred forms at that!

I don’t remember all the specific details of when and how it happened, but I do know that at some point in November 2016, I surrendered to the best of my ability and asked for help. For me, that meant calling a man that I knew was a solid, longtime member of AA and asking him to take me through the 12 steps. He told me to go to a meeting and to call him again tomorrow. I did. I kept doing that one day at a time, and I worked the 12 steps of AA under his guidance by following the clear-cut directions laid out in the “Big Book.”

Toward the end of my first year of sobriety, my home group elected me to serve as the IGR for the Louisville Intergroup. I didn’t know much about the position or what went on at the IGR level, but I had heard countless times about the importance of service work, not just for others that may benefit from it but also for my own recovery. It took a few months to gather my bearings at the monthly IGR meetings, but I eventually settled in and began to see how things function. Working separately or independently, the roughly 400 AA groups in the area can have a positive impact on recovery in the area. However, when these groups work together and combine efforts, ideas, and resources, possibilities and potential grow exponentially.

That’s what it’s all about to me -- offering a solution to still-suffering alcoholics. In one way or another, the Louisville Intergroup and its multiple committees perform service work in the area designed to help alcoholics either get sober or stay sober. One of these committees is called Bridging the Gap (BTG). At the end of my first year as IGR, I became the Standing Committee Chair for BTG. In this role, I help coordinate the committee’s efforts to help “bridge the gap” for patients between the time they walk out the exit doors of treatment facilities and the time they walk into the doors of AA.

I’ve only been involved with BTG for a few months, but it has been an incredibly rewarding experience so far. Being on the frontline with men and women who, for whatever reason, are in an environment where a primary goal is change. We don’t go there to sell anything. We go to share our experience, strength, and hope with them, to let them know there’s an organization out there that has a solution to alcoholism, to change.

I realize today the importance of action in my daily life as a sober member of AA. I can’t say it any better than it says on page 85: “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” I can’t maintain my spiritual condition without taking action each day!

Brian T - IGR

An Officers Word

Historical Flight

Sometime while Bill and Ebby were still drinking they “chartered a plane to complete a jag”. There was a new airfield by the Equinox House in Manchester, Vermont. Ebby and Bill drank all night and then decided to hire a plane. They radioed ahead that they would be coming. As the first flight to ever land at this new airfield, a high school band and complete fanfare greeted them when they landed. They both got out of the plane only to fall flat on their faces. They were so drunk that they couldn't even stand up.

In January, a very different historical flight landed at Rough River airfield. No fanfare greeted us and you may not even be aware that it may be the very first time someone flew into an Area 26 Quarterly Meeting. Two men from Hazard Kentucky were brought to the meeting by plane which landed at the Rough River airport. This fantastic gesture of going to any length to get to our quarterly gathering was received by an excited group of trusted servants already working on how to reach our remote communities in the Area. They were able to share with each of us during the weekend and the workshop topic of reaching our dark districts combined with their presence and the opportunity that provided led to a wonderful workshop in the Hazard Kentucky region March 2nd.

I witnessed a group of enthusiastic Area 26 members of Alcoholics Anonymous take the leadership role in this event and coordinate with the local AA community to host a great afternoon of discussion our Three Legacies of Recovery, Unity, and Service. It was fascinating and the first of several such workshops that demonstrate our commitment to each other. I gained a new perspective by driving four hours one way to participate as did many other members. I got a firsthand look at what we can expect from any DCM or GSR from Eastern Kentucky or Western Kentucky who travels such a great distance to be of service. It is truly a commitment and my understanding of that has led me to think more about how we can help.

Can technology play a role in keeping AA groups connected to the larger AA as a whole? Can we all commit to such travel and go meet people where they are? What can we do to make the weekend more inviting and maximize our time together? These are the questions running through my head right now. I am not sure what the answers are but as I said about this awesome workshop to someone. I travelled to Hazard Kentucky because they are remote and the invited us, but mostly because their voices are equally as necessary to the health of our fellowship and I would love to hear them.

I look forward to several others upcoming, especially the workshop on March 23rd in Grayson, Kentucky called A Society of Alcoholics in Action. What a great title and a superb way to capture the spirit I see all over Area 26 right now as we seek to be inclusive to all AA members everywhere across the Commonwealth. I will also be traveling to Danville, Hopkinsville, Owensboro, and of course the Area Meeting in LaGrange encompassing a large bit of our great Area. I hope to see all of you at least once on this part of the journey.

Roger – Area 26 Delegate

COMMITTEE; WHAT?

WHAT IS KENTUCKIANA NEWS?

We are a committee created by those who attend. The committee meets Saturday mornings at each Area 26 quarterly meetings. In the meeting we discuss area needs and information needing to get out to our community. Our newsletter is how we communicate with Area 26 meetings. In the newsletter you will find events and articles submitted by our fellow AA members. The articles printed are subjects decided by your kyana news committee. All AA recovering alcoholics can attend and participate. We are always looking for events. Printing events for your homegroup is a great way to increase attendance and reach the newcomer. The newsletter has been in circulation since 1976! Unfortunately, many are unaware it exists!! How the newsletter gets into your hand is by your districts DCM or your homegroups GSR. If you are not seeing the quarterly newsletter, please ask your homegroup GSR. If that does not work out, please visit www.area26.net. In the right-hand corner click drop down menu bars., click Kentuckiana News, you will find all past Newsletters.

Being asked to represent a committee has been an honor and given much growth in my recovery, service and unity to the fellowship. I have loved every minute and encourage others to get involved! The disease I have is serious. It has the capability to injure many and kill me. If the only things I need to do to live a free life is suit up, show up and follow thru with directions, I can live a spiritual life, free from self-harm, selfishness, depression and sadness. Today I have hope, freedom, and friends in all places! I am blessed beyond belief! I knew nothing about writing a newsletter!! Was terrified when Jennifer asked me to do it...however, I walked through the fear, gave it to God and I have continued producing the last 6 newsletters! Time fly's when your having fun!! During my term, I have gone through some major changes between my husband's health, closing my company, continue relationships with 5 children, 12 sponsies, be an active member of my homegroup and still travel! There's never a great time to add a service position, but if it had not been for the continued services positions to keep me in the middle of AA it's possible, I could have walked away, gone crazy or worse - drank! God and AA have given me a life I never existed and I'm definitely AMAZED! Thank you - Lynn M - Kentuckiana News Chair

EVENTS – If you have an upcoming event and would like it published please send to Kentuckiana@area26.net – SUBJECT LINE “EVENT”

DISTRICT 17 PRECONFERENCE REPORT

WHEN: April 13, 2019 @ 2:30 pm – 5:30 pm America/Kentucky/Louisville

WHERE: 320 Club- 320 Crittenden St Owensboro. KY

CONTACT: Kristen G. or Corey D.

LOUISVILLE AREA QUARTERLY

WHEN: Saturday May 11th, 2019

WHERE: Saffin Center @ Holy Family Church- 3926 Poplar Level Road - Louisville, KY 40213

Fellowship 6:30pm - 7:30pm Meeting 7:30pm - 9:00pm

Speaker: Eric B from Morganfield, KY

37TH ANNUAL SPONSORSHIP RALLY

WHEN: May 24, 2019 @ 7:00 pm – May 26, 2019 @ 1:30 pm America/Kentucky/Louisville

WHERE: Sloan Convention Center

1021 Wilkinson Trace Bowling Green, KY 42103

COST: \$25

CONTACT: Mike B, Jeremy G or Mary B.

SAM N ANNUAL FISH FRY

WHEN: June 30, 2019 @ 1:00 pm – 4:00 pm America/Kentucky/

WHERE: DALE HOLLOW STATE PARK PICNIC PAVILION

5970 State Park Rd Burkesville, KY 42717

CONTACT: Tony M. or Tim G.

AREA 26 JULY MEETING

WHEN: July 20, 2019 @ 9:00 am – July 21, 2019 @ 3:00 pm America/Kentucky/Louisville

WHERE: Clarion Hotel Conference Center

1950 Newtown Pike Lexington, KY 40511

CONTACT: Gil A. or Bob W.

2019 NAATW ~ NATIONAL AA TECHNOLOGY WORKSHOP

WHEN: September 20, 2019 @ 11:00 am – September 22, 2019 @ 2:30 pm America/Kentucky/Louisville

WHERE: Sloan Convention Center

1021 Wilkinson Trace Bowling Green, KY 42103

COST: Pre \$65

CONTACT: Stan H.

28TH FALLS CITY CONVENTION

WHEN: October 11, 2019 @ 3:00 pm – October 12, 2019 @ 3:00 pm America/Kentucky/Louisville

WHERE: The Saffron Center

3926 Poplar Level Rd Louisville, KY 40213

COST: \$20 Pre or \$25 @ Door

AREA 26 FALL ASSEMBLY

WHEN: October 19, 2019 @ 10:00 am – October 20, 2019 @ 3:00 pm America/Kentucky/Louisville

WHERE: Dale Hollow State Park

5970 State Park Rd Burkesville, KY 42717

CONTACT: Tim G or Tony M

5TH SOUTHERN STATES ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

WHEN: November 8, 2019 @ 3:00 pm – November 10, 2019 @ 1:00 pm Am Kentucky/Louisville

WHERE: Lake Junaluska Conference and Retreat Center

91 N Lakeshore Dr Lake Junaluska, NC 28745

CONTACT: Elizabeth P. or Kenneth C.

2020 KENTUCKY STATE CONVENTION- SAVE THE DATE!

WHEN: February 28, 2020 @ 5:00 pm – March 1, 2020 @ 2:00 pm America/Kentucky/Louisville

WHERE: Sloan Convention Center- 1021 Wilkinson Tr Bowling Green, KY 42104

PLEASE REMEMBER – Send us your events!! Allow others to be involved! Attend your committees!! Reach out to your fellow friend! You need them and they need you!! You never have to be alone, there is hope of all of us, even you!!

AREA 26 Intergroup/Central Office Contact Information:

An Intergroup/Central Office is a support group for the home groups, within a defined group of Districts. It provides services, literature, resources and committee support, which may otherwise not be available. The intergroup/central office is not part of the AA service structure (the upside-down triangle); it is in addition to, and not all districts have a central office. The following Intergroup/Central Offices are included in Area 26:

Name of Intergroup	Districts	Current Chair Person	Location Information
BLUEGRASS	4, 5, 7, 8, 9, 14, 15, 16, 20, 23, 25 & 28	J.B. F <hr/>	Phone: 859-225-1212; toll-free 800-467-8019 Address: 253 Market St., Lexington, KY 40507 Email: bluegrassintergroup@gmail.com
GREATER LOUISVILLE	1, 10, 11, 12, 13, 19, 21, 22, 24, & 29	Sally S <hr/>	Phone: 502-582-1849 Address: 332 W. Broadway, Room 1204, Louisville, KY 40202 Website: www.louisvilleaa.org Email: glii2011@bellsouth.net
NORTHERN KENTUCKY	6, 18, 30, 32 & 35	Mike S Manager@nkyaa.info	Phone: 859-491-7181 Address: 1545 Scott Blvd., Covington, KY 41011 Website: nkyaa.info Email: manager@nkyaa.info
WESTERN KENTUCKY	2, 26, 31, 33 & 34	Becky R <hr/>	Phone: 800-606-6047 Address: 615 South 12 th St., Suite J, Murray, KY 42071 Website: wkintergroup.org Email: wkintergroup@att.net
YELLOWBANKS	17	Grace Mcl <hr/>	Phone: 270-683-0371 Address: 320 Crittenden St., Owensboro, KY 42303 Email: yellowbanks@gmail.com

SERVICE MEETINGS IN AREA 26

-LOUYPAA

EVERY SUNDAY 1PM BEACON HOUSE 963 S. 2ND STREET

-SERCYPAA

2ND AND 4TH THURSDAY EVERY MONTH 8PM IMMANUEL UCC 2300 TAYLORSVILLE RD

-LOUISVILLE IGR

IGR Meetings are held the first Thursday of each month, 7pm at:

St. Paul United Methodist Church

2000 Douglass Blvd, Louisville (Corner of Douglas Blvd & Bardstown Rd in the Highlands)

New IGR orientation is at 6pm.

For questions contact Louisville AA Central Office: 502-582-1849

-Intergroup Meeting for District 3

2nd Wednesday of every month

13th Street Clubhouse

1013 E 13th Ave

Bowling Green, KY 42101

The next quarter will feature Steps 4, 5 and 6 We are always looking for folks that want to be a part of!! We want you!!

We will be looking for articles from an IGR, GSR, a Committee Chair, an Officer and any questions pertaining to recovery in AA.

The Kentuckiana News Committee meetings are held during Area 26 quarterly business meeting weekends. All AA members are welcome to participate.

If you would like to write an article or would like us to know about an event coming up in your district.

Kentuckiana Newsletter please submit them to Kentuckiana@area26.net



Kentuckiana Newsletter Chair Lynn M